



RCS ATHLETICS' HIGH SCHOOL CLEARANCE PACKET CHECK LIST

In filling out the Athletic Clearance forms, it is important that you read and sign the whole packet, or the forms will be returned for correction which may result in your son/daughter not being able to compete in athletics. These forms must be completed and returned to the Athletic Office **before your student can participate**. When completed, the forms will remain on file in the Athletic Office to be referred to for the duration of the **school year**, and a second packet will not need to be completed for any additional sports your student chooses to participate in.

Player Fees

Player Fees will be added to your tuition in two payments, and are as follows:

Football: \$200.00

All other sports: \$150.00

The following is a friendly check list for you to make sure you are ready for a great season in the athletic ministry here at Riverside Christian:

- Fill out the **6 page** Athletic Clearance packet completely.
 - RCS Athletics' Information & Authorization Form
 - RCS Athletics' Statement of Commitment
 - RCS Homework Policy
 - RCS Athletics' Parent Code of Conduct Form (**Both parents must sign**)
 - RCS Athletics' Policy Against Hazing Agreement and Steroid Use Policy Agreement.
 - RCS Athletics' CIF Athletes Code of Ethics
- Have on file in the Athletic Office at RCS a **valid physical**.
*NOTE: Physicals expire after one year and must be renewed prior to athletic participation. Physicals that expire during participation in a sports season must be renewed immediately before returning to athletic participation. It is the **PARTICIPANT/STUDENT'S responsibility** to acquire physical expiration date from the Athletic Office.*
- **No participation** in outside competition on another team during the same sports season (CIF Bylaw 600).
- Have CIF transfer paper work properly filled out (for students transferring to RCS from another **high school**). ****Not included in the athletic packet (see AD for proper forms).**
- If you are interested in being a **team mom**, please let your coach know.
- Check out **highschoolsports.net**, where you can print the most current schedule, get directions to away games and much more.

Thank you for your help in making sure this packet is turned in on time!

RCS ATHLETICS' INFORMATION & AUTHORIZATION RISK FORM

Student Name: _____ School Year: _____

Please read the important information that follows. Your signature on this form releases your student for participation in Riverside Christian athletics and indicates your understanding of the conditions by which students will be permitted to participate.

ACADEMIC ELIGIBILITY REQUIREMENTS:

Not less than a 2.0 ("C") Grade Point Average (GPA) in previous grading period while working on required graduation courses.

INSURANCE:

Students participating in interscholastic sports are required by California State Law to have medical insurance. If your student is not insured, you must purchase medical insurance coverage for him/her. All costs for such insurance coverage will be the responsibility of the parents (or guardians). Medical expenses, which are declined for payment through the athlete's personal insurance and/or through an additional policy becomes the personal responsibility of the athlete's parents/guardians.

PHYSICAL:

An annual physical exam is required for a student to participate in interscholastic authorized school practice sessions, pre-season try-outs and summer programs in any sport.

AGE AND RESIDENCE STATEMENT (NEW STUDENTS ONLY):

Age: _____ Date of birth: _____ Grade (9th -12th) _____

Has student attended any other high school? ___ Yes ___ No Name of school: _____

From: _____ to _____ (Dates) City: _____ State: _____

Did student participate in sports? ___ Yes ___ No If yes, which sports? _____

RISKS OF INJURY:

By its very nature, competitive athletics can put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents could occur. Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated.

By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving MANY RISKS OF INJURY. Both the athlete and parent must understand that the dangers and risks of playing or practicing to play include but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well being.

Because of the dangers of participating in sports, we (parent and player) recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions.

If any of the foregoing is not completely understood and you have questions, please contact the school Athletic Director for further information.

AUTHORIZATION:

I hereby give my consent for the above-named student to participate in sports including regularly scheduled trips by supervised school transportation and private car-pooling. I understand that Riverside Christian Schools shares no responsibility in the payment of medical fees incurred by injuries to participants in its athletics program. I will keep the insurance named in force during the time my student tries out, practices, and/or competes in athletics. I agree to be responsible for the safe return of all school equipment and uniforms issued to the student, and I will pay for articles lost or damaged beyond normal use. With my signature I acknowledge that I have read and understood the Athletic Clearance Form. I also agree to comply with all rules, regulations, conditions and athletic codes outlined in the athletic handbook and student-parent handbook.

I _____, hereby absolve Riverside Christian Schools, the staff, the School Board or parents in attendance from any liability resulting from an accident or injury to my child during the course of this event/sport.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Extra-Curricular Homework/Classwork Policies

When involved in sports, ministry team, or other extra curricular events, students must adhere to the following rules regarding homework, class work, quizzes, and tests that they might miss when missing a class due to a game or activity.

1. Students must get their daily assignment and homework from the teacher of the class that they will be missing BEFORE they leave for a game or event.
2. Students are to gather their homework assignments between classes. They are not allowed to interrupt a class in session to get their homework assignment.
3. Students must hand in any assignments that are due the day of the event, in the class that they are missing BEFORE they leave for a game or event. If a teacher is not in the classroom, the assignment may be left in the office.
4. Students must be prepared the next school day with the homework that was assigned the day before. This includes the taking of any quizzes or tests that might have been assigned for the day after the absence, due to a sports activity or event. They are not given an extra day because they were absent from a class due to sports or activities.

I have read and understand the Extra-Curricular Homework/Classwork Policy.

Student Signature: _____

Parent Signature: _____

Date: _____

RCS ATHLETICS'

CODE OF CONDUCT FOR PARENTS/GUARDIANS

The fundamental goal of the Athletics' Program at Riverside Christian Schools is to impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when **all** involved (coaches, parents, spectators) consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Together, we must be united in our goal to see our student athletes succeed. "If a house is divided against itself, that house cannot stand." Mark 3:25

The witness and testimony of Riverside Christian School is something our athletic staff and school administration takes very seriously. Our sportsmanship concerning officials, coaches, players, and opponents is a direct reflection of Christ. We do not want to be a stumbling block to non-believers as a result of poor sportsmanship. All RCS spectators home or away are expected to adhere to the Parent Code of Conduct (as outlined below), the CIF Athlete's Code of Conduct - Pursuing Victory with Honor, and school policies.

Parent Code of Conduct

The Ladder of Communication

Understanding the communication process is essential. Following the outlined protocol will model respect and good communication skills. The Ladder of Communication is modeled after the Matthew 18 principle.

1. The first rung of communication should be between the player and the coach. Athletes should be encouraged to talk with their coaches if they have a problem or question. This type of meeting is an opportunity for the young person to learn to speak for him- or herself and can serve as a tremendous learning situation.
2. If the problem still exists in the mind of the parent or athlete after the athlete has talked to the coach, the next rung on the ladder is the parent contacting the coach.
3. If, after talking to the coach, the parent is still not satisfied, the next rung of communication would be between the parent and the Athletic Director.
4. The final rung on the communication ladder is the parent contacting the principal.

No Discussion Topics

There are three topics that **will not be discussed** with a parent. They are: playing time, team strategy, and other athletes.

1. Parents must understand that there is no inherent right to play interscholastic sports and that the coach alone will determine who plays and how much.
2. Parents must understand they are entrusting the coach with their child and that the coach will act in the best interests of all the athletes on the team.
3. Parents must understand that it is **inappropriate to confront a coach** at any time and that such behavior will not be tolerated. A meeting with a coach may be set up by a parent 24 hours after an incident of concern.
4. Parents must understand the following are not acceptable and will not be tolerated:
 - Making derogatory comments about coaches, officials, players, or others
 - Swearing
 - Attending an athletic event while intoxicated
 - Being offensive in any manner

The following actions may be taken with a parent or spectator who chooses not to honor the Parent Code of Conduct: a written or verbal warning, removal from the premises, the prohibition of contact with the team, banishment from school activities.

I have read and understand the requirements of this Code of Conduct. I further understand that myself, family, and invited guests, must submit to the leadership of the coach(s) and acknowledge that I may be disciplined including removal from athletic program if I (we) violate any provisions.

Father's Signature

Mother's Signature

Date

